

Braaied Stuffed Pork Fillet with Guacamole

SERVES 2–4 COOKING TIME 25 minutes

2 Tbsp canola oil
1 medium onion, diced
250g portobello mushrooms,
roughly chopped
Salt and pepper, to taste
2 Tbsp paprika
2 Tbsp Cajun spice
10g fresh sage, chopped
2 Tbsp plain cream cheese
1 Tbsp barbecue sauce
1 Tbsp wholegrain mustard
1 Tbsp honey
150g baby spinach
500g pork fillet

FOR THE GUACAMOLE

2 medium ripe avocados, peeled and
pits removed
1 Tbsp fresh lemon juice
Salt and pepper, to taste

1. To make the guacamole: add all the ingredients to a mortar. Use a pestle to mash the avocado to your desired consistency. Adjust the seasoning to taste, if necessary.
2. To make the stuffing, heat the oil in a large pan over medium-high heat. Add the onion and mushrooms, and fry for 6 minutes, stirring frequently. Season with salt and pepper.
3. Add 1 tablespoon of paprika, 1 tablespoon of Cajun spice and the sage. Stir, then cook for 1 minute before stirring in the cream cheese, barbecue sauce, mustard and honey.
4. Add the spinach and cook until wilted. Remove from the heat and set aside to cool.
5. Butterfly the pork fillet (See Notes and Tips), then cover it with cling wrap (to avoid any splatter) and use a rolling pin or meat mallet to flatten it into a more even thickness (2–4 cm thick). Season all over with the remaining tablespoons of paprika and Cajun spice, as well as some salt and pepper.
6. Spread the stuffing over the inside of the fillet on both sides. Gently roll the fillet into a log and tie it with kitchen twine to secure the stuffing.
7. Secure the fillet in a braai grid and braai over hot coals for 10–15 minutes, turning occasionally, until golden-brown all over and the meat is cooked through. Remove from the heat and leave to rest for 10 minutes before slicing. Serve with the guacamole.

Notes and Tips

HOW TO BUTTERFLY THE FILLET

1. Place the pork fillet on a chopping board. Position it so the thicker side is facing you.
2. Hold the fillet with one hand and, using a sharp knife, carefully slice into the thicker side, starting about 3cm from the edge. Make the cut horizontally, but do not cut all the way through – stop about 2 cm before reaching the inside edge.
3. Once you’ve made the cut, gently open the fillet like a book.